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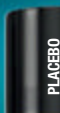
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From the Chairman

• **FITNESS SHOULD FEEL LIKE A CHALLENGE**, not a chore. After all, your body is hardwired to respond in a positive way to movement. Just minutes after you start to exercise, your brain is sending out signals to produce feel-good hormones that can boost your mood for hours.

We know you love how powerful being active makes you feel, which is why you're always coming back for the next workout. And at *Muscle & Fitness Hers* we want to help you stay fired up every time you train. This issue features a variety of creative workouts to help build lean muscle, burn fat, and keep you strong.

We're also incredibly inspired by our two cover models, Nikki and Brie Bella, aka the Bella Twins. These WWE Divas and stars of E!'s hit reality series *Total Divas* show just how beautiful strong can be. Read their story (p. 12) and then grab a friend to try their partner workout (p. 16) for a fresh way to target your entire body.

If warmer weather means spending more time outside and less in the kitchen doing your food prep, you'll love the delicious, creative, and superquick recipes on page 66—all designed to be on the plate in 20 minutes or less!

For more ways to stay motivated, head to *muscleandfitnesshers.com*, where you'll find behind-the-scenes footage of the Bella Twins photo shoot, as well as video demos of some of our favorite workouts, plus a wide variety of fat-burning, muscle-sculpting training plans to keep you at your best!

We want to hear from you about what you're loving about fitness right now. Talk to us on our Community page, tweet us at @MandFHers, post on our Facebook page, or tag us on Instagram @MuscleandFitnessHers. As always, your feedback and trust are essential to our success.



Cover models Nikki and Brie Bella exemplify both strength and beauty.



David J. Pecker

David J. Pecker
Chairman, President, and
Chief Executive Officer
of American Media, Inc.

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Senior Editor Zack Zeigler
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Copy Editors Jeff Tomko, Heidi Jacobs, Yeun Littlefield
Editorial Production Director Russell Mendoza
Editorial Production Manager Victor Kim
Editorial Assistant Kristin Mahoney
Fashion/Photo Intern Christina Simonetti
Technical Adviser Gino Caccavale, AFAA
Assistant Pamela Nullet
Accounting Clerk Victoria Klein

ART & PHOTOGRAPHY

Art Director Ramón Gamarra
Photo Director Anthony Nolan

PRODUCTION

Production Manager Jessica Kane
Distribution Manager Marc Melcher

ADVERTISING

Advertising Director Dara Markus

EASTERN SALES OFFICE: 4 New York Plaza, 4th Floor, New York, NY 10004;
(212) 339-1900; fax (212) 510-1947

Digital Sales Manager Mike Myers

DETROIT SALES OFFICE RPM Associates, (248) 690-7013

Detroit Sales Representative Jay Gagan

MIDWESTERN SALES OFFICE: 1005 W. Grove St., Arlington Heights, IL 60005;

(312) 545-8041; fax (847) 749-0469

Sales Director Darrin Klapprodt

WESTERN SALES OFFICE: 6420 Wilshire Blvd., 15th Floor,
Los Angeles, CA 90048; (818) 595-0473

Account Manager Talin Boustani

SOUTHEASTERN SALES OFFICE: 1000 American Media Way,

Boca Raton, FL 33464;

(800) 500-1012; fax (561) 266-0664

ENTHUSIAST GROUP INTERNATIONAL PUBLISHING

Group Publisher Samantha Lund

Tel: +44 (1) 1423 550 848; e-mail: slund@weideruk.com

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Hers Hot List

Our favorite new gear, tools, and services to meet your healthy living goals



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—PAMELA NULLET

NUTRITION

Farmbox Direct Organic Delivery

This fresh-food delivery service sends all-organic veggies and fruits right to your doorstep, so you can stock your kitchen with the tastiest produce of the season. Just log in, choose a box in one of three sizes, and customize your favorite selections, from purple potatoes to Bartlett pears.

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—CAT PERRY



TECH

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Nikki, a self-proclaimed gym rat, likes to show off her mental toughness.

Brie is known as the quieter twin but is no less fierce in the ring.

STRENGTH in NUMBERS

The Bella Twins, Brie and Nikki,
are two of the top Divas in WWE, and
they're proving that sports
entertainment isn't just for the boys

BY SEAN HYSON // PHOTOGRAPHS BY PER BERNAL

SPORTS ENTERTAINMENT isn't quite the boys' club it used to be. A new generation of Divas—a group of female performers who are fast becoming as big a part of WWE's programming as household names like The Rock and John Cena—has stormed into the ring, gaining as much attention for their athletic abilities as their take-charge attitudes. Among those leading the way are two-time Divas Champion Nikki Bella and former champ Brie Bella, otherwise known as the Bella Twins.

The Bellas—born Stephanie Nicole and Brianna Garcia-Colace—hail from a farm in Scottsdale, AZ, where sports entertainment wasn't something they encountered very often. “We were raised with horses, cows, and chickens,” Brie says. “We’d have to wake up before school and feed the animals, come home and feed the animals, and then go straight to soccer practice. My mother was very strict about

what we watched. We were lucky if we could watch *90210* or *Saved by the Bell*.”

Nevertheless, both felt they were natural-born entertainers, putting on lip-sync shows for their family as young girls. The two, age 31, were also talented soccer players—Nikki walked on to the team at Grossmont College in San Diego and ultimately helped lead it to a Pacific Coast Conference championship. “I was being recruited by a professional league in Italy,” she says, when Brie intervened, convincing her they should audition to be WWE Divas instead.

“It’s entertainment mixed with athletics,” Brie says. “Nicole and I felt that was our calling.”

But WWE wasn’t looking for a twin act at the time and initially passed on the Bellas. Hoping they could change the company’s mind, the pair begged talent scouts to let them wrestle. “They flew us [to the developmental center] to see what we were like,” Brie says. “Sure enough, we got into the ring and fell in love with it.”



I**N 2007**, the Bellas moved to Tampa, FL, to join WWE's developmental system and have since become Superstars on the top-rated *Raw* and *SmackDown* broadcasts. The sisters have performed as a tag team but have really excelled individually, and a WWE story line this past fall found them facing off against each other. (Nikki won!) "It was a little hard [playing enemies]," Nikki says, "because Brie is so good at giving that sad face. When I was in the middle of the ring saying the most hurtful things, she was making me feel bad. I guess she was doing her job right!"

"It's easy for Nikki to be evil and mean," adds Brie, jokingly.

Off camera, both agree Nikki is the more aggressive of the two. "I win pretty much any competition," Nikki says. "I'm stronger. I'm more athletic." Brie, on the other hand, is more quiet and laid-back. "Nikki likes to be the life of the party, and I stay in my own corner. I'm your total granola hippie. I love nature, the outdoors, and simple things. I get excited over making jam!"

The difference in the twins' personalities has been showcased on their hit E! television reality series, *Total Divas*. The show also provides insight into their personal relationships with other WWE royalty—Brie married Superstar Daniel Bryan in 2014, while Nikki lives with WWE's John Cena.

Traveling some 300 days a

year can be rough on any relationship, but it helps that the twins travel with their partners. "Wrestlers are similar people," Nikki says. "John, he's my soul mate. If we can't see each other for 14 days, we understand and support each other. He's helped me become a better character. He's helped my in-ring work."

Cena has also helped Nikki, a self-proclaimed gym rat, in her workouts. Thanks to some guidance from the chiseled Cena, she can now squat 165 pounds for reps. "I have thunder thighs for days!" she jokes. In contrast, Brie loves Barre and hot yoga classes to stay in shape, looking up the nearest ones as soon as she gets to a new town.

The two also have a strategy for eating on the road. "I'm into eating healthy," Brie says. "So if I can find a farm-to-table spot—score! Not only are you supporting local farmers, but you're eating grass-fed meats and everything is organic. It's a win-win. I'll get two meals—one to eat there and one to go."

The twins say that living such clean and regimented lives makes them good role models for their young fans, and they hope their name becomes synonymous with strong, athletic women. "We're about living a healthy lifestyle, standing up for yourself, being strong, and doing something you love," says Brie. Unlike some fashion models and movie stars, the two point out that their body types are more curvy, athletic, and attainable. Nikki plans to help combat childhood obesity. "I want to get kids in shape and educate their parents," she says.

In the meantime, their rise to the top shows no signs of slowing down. "We've always wanted to create a Bella empire," Nikki says. "We owe a lot to *Total Divas* that we've been able to bring a lot more girls and women to WWE."

The two appeared in a music video for the Trey Songz hit "Na Na" and the long-running USA Network show *Psych* in 2014. But money and fame aside, when it's all said and done, the Bellas want to further the business that's brought so much to them. "Our goal is to one day see that women have as much time on TV as our guys," Brie says. "We've broken a lot of barriers and want to keep proving that we will only get better."

"We've always wanted to create a Bella empire," Nikki says. "We've brought a lot more girls and women to WWE."



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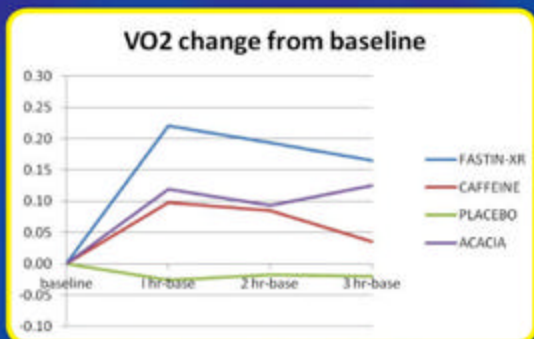
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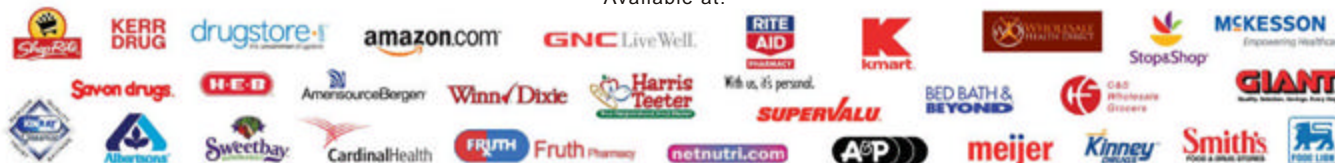
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partner up!

Grab your BFF or gym buddy and get set for a workout that inspires you both! This fun, creative routine featuring the WWE's Bella Twins, Nikki and Brie, will challenge every major muscle group while enhancing balance and flexibility to bring out the best in both of you!

WORKOUT BY GINO CACCAVALE



PARTNER PLYO LEG SWITCH

WORKS: CORE, LEGS;
WARMUP MOVE

- Stand with partners facing each other, grasping each other's forearms.
- Both partners lunge right leg back, bending knees 90 degrees.
- Jump up, switching legs midair, landing with right leg forward and left leg back. Keep holding on to arms as you jump. Do 50 jumps total (25 each leg).



KETTLEBELL THROWDOWN

WORKS: CORE, HIPS

- Stand a few feet apart, facing each other, with Partner B (right) holding a kettlebell in front of legs, arms extended and knees slightly bent, feet hip-distance apart. Partner A (left) keeps hands in front of chest, elbows bent, palms down (**A**).
- Partner B performs a kettlebell swing as Partner A intercepts the weight at about sternum height (**B**). Partner A then pushes back on the kettlebell, pushing it toward the floor to add resistance. Do two sets of 20 swings per partner.

TIP

HOIST THE KETTLEBELL UPWARD USING HIPS AND CORE, NOT LEGS AND SHOULDERS.

ROUNDHOUSE CURL AND RAISE

WORKS: SHOULDERS, ARMS, LEGS

- Start with partners facing each other, feet slightly wider than hip width, and both partners holding dumbbells. (Partner A, left, holds heavier weights than Partner B, right.)
- Partner A squats down, lowering weights toward the floor as Partner B performs a roundhouse kick with right leg over Partner A's head, keeping arms extended toward floor (**A**).
- As Partner A stands up, she performs a biceps curl. When Partner B finishes kick, she immediately moves into a squat while raising both weights forward to shoulder height (**B**). Do two rounds of each movement with Partner B alternating legs for 20 reps.

BAR FIGHT

WORKS: ENTIRE BODY ISOMETRICALLY

- Stand facing each other, holding a body bar together at chest height.
- Both partners step right foot back, keeping feet staggered.
- Pressing into the bar, try to force your partner to step back. Hold for one minute; repeat for a total of two sets.



DEADLIFT WITH PUSHUP

WORKS: SHOULDERS, CHEST, CORE, HAMSTRINGS

- Start with Partner B (right) standing and Partner A (left) on the floor in a full plank position, with Partner B holding her ankles (A).
- Partner B performs a deadlift while Partner A simultaneously does a pushup (B). Perform two sets of 20 reps, switching positions with each set.



KEEPING YOUR ENTIRE ABDOMINAL AREA ENGAGED WILL HELP YOU MAINTAIN FORM DURING THE PUSHUP PHASE OF THIS MOVE.

RISE AND PIKE

WORKS: SHOULDERS, CHEST, ABDOMINALS

- Partner B (bottom) starts by lying faceup on the floor, arms extended above shoulders. Partner A (top) gets into position by grasping Partner B's ankles, arms extended as Partner B grasps A's ankles (**A**).
- Partner B sits up as Partner A performs a pike, bending at hips to form an upside-down L while keeping abs fully engaged (**B**).
- Partner B lies back down on the floor, with both partners coming back to start position. Do two sets of 10 slow movements for each partner.



BRIDGE DIP

WORKS: ARMS, CORE, GLUTES

- Partner B (bottom) starts on floor, knees bent and feet shoulder-width apart. Lift hips off floor into a bridge position, forming a straight line from knees to shoulders. Partner A (top) places hands on Partner B's legs, with knees bent 90 degrees and heels under knees.
- Partner B lowers hips without touching floor as Partner A bends elbows 90 degrees (shown).
- As Partner B pulses up, Partner A straightens arms. Do two sets of 20 reps, switching positions with each set.

PARTNER TREE

WORKS: BALANCE
AND STABILITY

- Stand side by side, balancing on inside legs. Lift inside arms so that palms are touching over shoulders.

- Both partners bend outside knees, placing foot on inner thigh above the knee. Bring palms of outside hands together. Hold here for up to one minute, breathing evenly and pushing lightly against each other for support.



Pulse

M&F Hers


May/June 2015

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MY FAVE WAY TO...

Build a Sexy Back

Target your back with powerful moves and training tips to help create a strong, sculpted rear view

BY SOMMER ROBERTSON-ABIAD



IFBB BIKINI PRO

Angeles Burke

Sexy-back secret: One-arm kneeling dumbbell row.

Why it's her fave: "Training unilaterally allows me to work each side of my back

independently, helping prevent muscle imbalances."

How to do it: Holding a dumbbell in one hand with arm fully extended, kneel over side of bench, placing knee and hand of supporting arm on bench. Squeeze your shoulder blades as you pull the weight up to the side of your chest, bending your elbow behind you. Repeat for reps, then switch sides and repeat.

Angeles' Back Workout

EXERCISE	SETS	REPS
Wide-grip Lat Pulldown	5	25, 20, 12, 10, 10*
Seated Cable Row	5	25, 20, 15, 12, 10
Wide-grip Assisted Pullup	4	15, 10, 8, to failure
One-arm Kneeling Dumbbell Row	4	20, 15, 12, 12 (each side)
Smith Machine Inverted Row	3	Body-weight burnouts to failure

*Use moderate weight each set.



IFBB WOMEN'S PHYSIQUE PRO

Mindi O'Brien

Sexy-back secret: Wide-grip pullup.

Why it's her fave: "This compound exercise helps to both build width and create a nice V-taper."

How to do it: Grab the pullup bar with an overhand grip, spacing your hands about shoulder-width apart. Hang from the bar with arms fully extended, shoulders relaxed to stretch your lats.

Squeeze your shoulder blades together, arch your back, and pull yourself up, aiming to touch your chest to the bar. Hold the contraction at the top of the movement, then slowly lower back down and repeat.

Mindi's Back Workout

EXERCISE	SETS	REPS
Straight-arm Pulldown	2	15-20
Wide-grip Pullup	5	8-10
Reverse-grip Bentover Barbell Row	4	8-10
Single-arm Dumbbell Row	4	8*
Close-grip Lat Pulldown	4	12-15**
Straight-arm Cable Pushdown	4	12-15
Superset with back extension		

*No rest between sets.

**Hold the contraction for two seconds.



OLYMPIC SWIMMER

Amanda Beard

Sexy-back secret: Swimming drills.

Why they're her fave: "The sweeping motion as you pull through the water gives your back muscles a challenging workout without weights."

Amanda's Back Workout

■ Start by pushing off the wall with your feet and performing two butterfly strokes.

■ Flip over to your back and do six backstrokes at a fast pace.

■ Flip back over to your stomach and do two breaststrokes.

■ Finish by sprinting to the wall using a freestyle stroke. That's one full lap. Repeat for laps.

Start by performing six to eight laps, then aim to increase your laps by one additional lap each workout. The goal is to be able to complete 20 or more laps with short rest periods.

Tip: Perform each lap as fast as possible, being careful to maintain good form throughout. Don't let your hips sink downward while performing each of the strokes.

To boost intensity, use hand paddles such as Aqua Sphere's Aqua-X Training Power Gloves (\$35).

For advice on how to swim like an Olympian, check out Amanda's tips at muscleandfitnesshers.com/training/swim-your-way-better-body.



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Getting Leaner and Stronger

Take your conditioning to the next level by tweaking your diet and realigning your strength routine

BY GINO CACCAVALE, *HERS* TECHNICAL ADVISER

“ Elora R., Fort Washington, MD

“I started doing competitions last year, and so far I’ve placed as high as fifth. But I’ve been told I need to ‘lean out’ more. How can I do that in a healthy way? I’m a physician, so I would like to be the picture of health myself!”

OUR EXPERT SAYS:

Congrats so far on your success! Let’s take a moment to define your goals: Instead of thinking about “leaning out”—which implies that your conditioning and nutrition need to be ramped up—focus on muscle and shape. Ask yourself: “How much muscle do I own, and is the shape of my body where I want it to be?” For competitors, that generally means a smaller waist, slight sweep to quads, firm glutes, and a balanced upper body.

The term “leaning out” may call to mind dietary issues and weight loss, but it can really mean the absence of muscle. Instead of thinking about how much weight you may need to lose, consider whether you need to gain more muscle—and in turn, burn more fat. To achieve this, you may simply need to spend more time resistance training and give yourself more recovery. Remember, when your body is in a calorically deprived state, less is more!

In addition, it’s important to make sure you’re taking in enough protein to allow for muscular repair, growth, and recuperation. I recommend taking 1.2 grams of protein per

pound body weight when you’re getting ready to compete.

It’s also important to make sure the timing of your competition coincides with your diet. Give yourself at least 16 weeks to follow a tapered diet that will take you from decision day to showtime. Taking only a couple of months to prepare will create turmoil when you’re attempting to look crisp and still be in top condition.

Which brings us to your workout. It looks like you’re training your upper body on Monday, then doing four full days of crazy HIIT, cardio, legs, and yoga and not hitting upper body again until five days later. You need to lift and rest more and not starve and do cardio.

I suggest you balance your workouts more, giving yourself time to fully target each body part while still getting in your favorite cardio and yoga routines. Up the weight, protein, and rest and you’ll see your body change—hopefully enough to get you that top finish!



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OLD Strength and Cardio Workouts	Leg day plus hot power yoga	Chest/back plus 30 minutes HIIT	30 minutes HIIT plus hot Vinyasa yoga	Hot power yoga	Leg day plus 30 minutes HIIT	Steady-state cardio (30–45 minutes)	Arms/shoulders plus yoga class with light weights
NEW Targeted Training Plan	Leg day a.m./hot power yoga p.m.	Chest/mat work abdominals/40 minutes steady-state cardio	Back/glutes/30 minutes HIIT	Shoulders/weighted abdominals/40 minutes steady-state cardio	Leg day/20-minute bike warmup	Arms/steady-state cardio (30–45 minutes)	Rest or do yoga; reduce caloric intake by 400 calories

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The Hardest Move You've Never Tried

Tornado Jump Lunge

This twist on a classic lunge helps reshape your lower body while boosting your fat burn

BY SOMMER ROBERTSON-ABIAD // PHOTOGRAPHS BY EDGAR ARTIGA

• **LUNGES, AS YOU LIKELY KNOW**, are one of the best compound movements for your lower body. But let's face it: They can get a little boring.

That's where the tornado jump lunge comes in: This challenging variation on the traditional stationary or walking lunge adds shape to your legs and glutes while boosting your heart rate and blasting added calories. It's a complex exercise, designed to be done in a rapid sequence. Do it continuously at a fast pace and you'll work your butt and thighs while also forcing your adductors and abductors into the equation and even tackling your core. "Because this exercise is explosive and quick, it maximizes fast-twitch fiber recruitment," explains Michael Coyle, certified personal trainer and owner of The Jungle Gym in Windsor, Ontario. "These fibers have the most potential for strength development and growth—and fast-twitch fibers burn more calories than their slow-twitch counterparts."

But before you go and start crushing this move, Coyle cautions that this variation of the lunge is a bit advanced. Knee issues can result from sudden or unfamiliar movements, so it's important that your knee and surrounding muscles are strong and primed for the challenge.

Begin by incorporating a few sets of the jumping lunge as part of a dynamic warmup. Then, add in a few reps of the tornado jump at a slower, controlled pace, and limit the depth of each lunge to midrange. You can add more reps each week, increasing the depth and pace of the lunges as you become more accustomed to the movement. Once you've mastered it, use it as an intensity booster between sets or tack it to the end of your workout as a burnout exercise. Aim for 15 to 30 seconds of continuous jumps each set, working up to three to four sets per workout.



TORNADO JUMP LUNGE

A Stand tall with feet hip-distance apart. Step your right foot back and behind you and lower into a curtsy lunge, bending both knees about 90 degrees, hands at sides or in front of body.

B Pushing off the floor, jump up and swing your right leg out from behind your left leg, keeping hands at center.

C Land with right foot forward and left foot back, knees bent. Immediately lower back into a lunge position and push explosively off the balls of feet to switch sides again. Continue, switching legs as quickly as you can for 30 seconds.

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Ali Krieger wants to inspire young girls to dream big.

Top Spot Hot Shot

Pro soccer star Alexandra (Ali) Krieger loves plyo and rope drills to get her primed for the big leagues. Here's how she takes her work and play to the next level.

BY CAT PERRY

The Dream Team

Ever since she was a young girl, Ali Krieger dreamed of becoming a professional soccer player. Now a defender for the Washington Spirit and a member of the U.S. Women's National Team, she doesn't take her position for granted. "I'm constantly inspired by my teammates to always want to

get better and be successful," Krieger says. "I want to win a World Cup!"

No Train, No Gain

To get that prize, Krieger puts in serious work. Though her training relates directly to her position on the field, she focuses on specific conditioning off-field. "Being explosive and

powerful, having good footwork and quality speed are essential for me," Krieger says. Her top workouts include plyometrics and sprints, and she also loves speed and agility work. To step things up a notch, she incorporates battle ropes and TRX into her routine. "Battle rope drills are one of the toughest yet most rewarding exercises I do at the gym. They are a full-body workout, making me feel every muscle!"

Food for Thought

"I do feel more disciplined with my nutrition in-season, but I live a rather healthy lifestyle year-round," Krieger says. "It's important that I stay fit in order to play at the high level that we do." When she does indulge, it's typically with chocolate, cookies, or peanut butter-filled pretzels.

Working Woman

Krieger wants *you* to get and stay functionally fit, too, which is why she's partnered with her trainer on the new eBook *Train Like a Pro: Plyometrics* featuring Ali Krieger (designed by elite athlete performance coach Chris Gorres) that's packed with plyometric workouts. "It's designed for the athlete looking to build speed and become more explosive," she says. "It also simply helps get your body moving better. I can definitely feel a difference in my mobility, stability, strength, and power." Her favorite: drills that develop acceleration from a standstill.

Play Hard

All this training needs to be balanced with some serious downtime. Krieger loves to be outdoors while not on the clock. In addition to cruiser biking along the beach in SoCal, Krieger can be found hiking—or taking any other opportunity to be outside and be active. "I love going to the beach and paddleboarding—or at least trying to," she says. Spa days are also key, as is traveling. "It's very refreshing when I can get away and do 'normal' day-to-day things with my closest friends and loved ones."

World Cup Buff

"My hope is that the WC will continue to help grow the 'Beautiful Game' around the world," Krieger says. "I also hope it sparks support for women's football so that younger athletes will be able to have dreams of one day playing professionally."

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■ **"My character Billy Bones and I are both team players—but I'm way more laid back."**

Tom Hopper

How the British-born star of the Starz pirate adventure series *Black Sails* conquers both land and sea

BY KRISTIN MAHONEY



All-Star Athlete

I grew up playing a lot of sports—rugby, soccer, roller hockey, and swimming. But rugby was, and still is, my favorite. Recently, I've taken up golf because I can spend more time with friends.

Star Player

At age 17 I realized I wasn't going to become a pro athlete, but then discovered I felt the same excitement about performing as I did about playing sports. I went to drama school, and from there I got into acting.

The Hero Inside

I love that certain superhero movies explore the character within. I'd love to get in the head of a hero who has been known to be a bit weak in the past. Being 6'5" and being able to use my stature plus my skill to make it something deeper is quite a big pull.

Perfect Pairing

My favorite aspect of marriage is teamwork. Laura and I are expecting our first baby in June, and I think having a child is the biggest thing you can do as a team.

Bird Man

To stay lean, I eat a lot of ostrich meat: It tastes great and is high in protein and low in fat. But I also enjoy fish and chips, being from the U.K., and love sweet potato fries—I could eat them all day long if no one stopped me.

Staying in Shape

The intensity of my workouts for *Black Sails* goes up about tenfold compared with the off-season. But I try to keep my physique in check at all times so I don't slip out of shape between seasons or jobs. I really enjoy the 15- to 20-minute workouts to work my entire body at a high intensity and get a huge metabolic boost. In one routine, I hold a barbell the whole time and do 10 reps each of a deadlift, bentover row, front squat, push press, and back squat while rowing or sprinting between each set.

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Since becoming certified through ISSA my fitness career has taken off in many different directions. I'm so glad I took the plunge to try something new, thank you ISSA for giving me the tools to follow my dreams."

—Teena Gudjonson, ISSA CFT, SFN
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What's That Veggie?

• **COMING SOON TO A GROCER NEAR YOU:** Kalettes, a yummy combo of kale and brussels sprouts, are the latest healthy vegetable hybrid to hit the produce aisle. Also known as flower sprouts, brussels kale, lollipop kale, or kale sprouts, they feature a sweet and nutty taste—plus some superstar nutrition to back up their pretty appearance, says Nicole Silber, a New York City–based nutritionist at Middleberg Nutrition. Kalettes are packed with vitamins K, B6, C, and folate and contain 4 grams of protein with only 45 calories in a 1½-cup serving. They're also easy and quick to prepare since you can cook them whole. Make this Garlic Ginger Kalettes recipe, courtesy of Silber: Heat sesame oil on medium heat, add chopped garlic, and sauté for 1–2 minutes. Throw in Kalettes with grated fresh ginger and a pinch of salt and pepper, sauté for 5–6 minutes, then serve.



THE SPF DIET

Want an additional boost in sun protection? Stock up on foods that are high in antioxidants or contain certain minerals, advises Frank Lipman, M.D., an integrative medicine physician and author of *The New Health Rules*. A

sunburn, after all, is a type of inflammation, so conceivably an anti-inflammatory diet can help prevent sunburn and skin damage, he explains. "Certain foods such as leafy greens, strawberries, peppers, and green or black tea can offer protection by neutralizing

the effects of UV rays and providing your body with the nutrients needed to slow sun damage," Lipman says. Research has shown that lycopene (found in tomatoes), for example, can help reduce skin vulnerability to sunburn, providing up to 30% more protection against burns among subjects who followed a lycopene-rich diet. But don't shelve your sunscreen entirely: Since there's a great range of vulnerability to sunburn based on your skin color, ethnicity, and location, continue to apply sunscreen regularly to protect yourself from burns and even more serious damage, advises Lipman.

A Tastier Way to Go Meatless

Following a vegetarian diet doesn't have to mean doing away with flavor or skimping on muscle-building protein. These new packaged foods provide plenty of important nutrients while satisfying your need for something meaty and protein-packed.

• When you're craving breaded chicken, try **Gardein's Chick'n Scallopini**, which is gluten-free, seasoned, and ready to be sautéed and added to pastas and veggie dishes. (\$5, gardein.com)

• Keep **Nasoya Organic Teriyaki TofuBaked** marinated tofu in your fridge for a convenience food that can be enjoyed cold or hot in stir-fries, salads, and sandwiches. (\$5, nasoya.com)

• For a hearty dinner starter to pair with veggies, try **Lightlife Organic Wild Rice Tempeh**, which combines cultured organic soybeans with wild rice harvested from freshwater lakes. (\$3, lightlife.com).

NUTRITION TREND WE DON'T LOVE

■ Breast milk is gaining traction as the latest performance aid among some bodybuilders. But this particular trend probably does far more harm than good, even outside the "ew" factor. "People think breast milk is good for you because it is a 'natural' source of hormones and antibodies and is nutrient dense and high in protein," says Kelly Pritchett, R.D., a spokesperson for the Academy of Nutrition and Dietetics. "But there is no scientific evidence that suggests there are benefits for adults." And since it's a bodily fluid, breast milk can carry disease or infections. A far smarter option: Rely on foods such as Greek yogurt, cottage cheese, nut butters, and chocolate milk to amp up your results, she says.



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Amanda Latona
IFBB Bikini Pro



Fit to Be Tried

These four food trends have enough nutrition benefits behind them to give them some staying power

BY ZACK ZEIGLER

• **WE LOVE THE NEXT** great healthy food as much as anyone, but when it comes to making smart choices for your diet and performance, it can be tough to separate pure hype from proven benefits. These four trending nutrition stars, though, might just be worth the attention they've been getting.

THE TREND

Green Drinks

To juice or to smoothie? That is the question. Blending leafy greens into a creamy smoothie is an easy way to ingest a concentrated dose of vitamins and minerals, plus fiber, too. But how and when the smoothie was made determine its benefits. "With premade smoothies, you have no idea whether it's truly organic or how long the juice sat there," says Dara Godfrey, R.D., a New York-based nutritionist. To be sure it's fresh and that you know every ingredient, make it yourself. If you choose to DIY, make sure to get fiber elsewhere, since most of it gets lost during juicing.



THE TREND

Bone Broth

Boiling animal bones, cartilage, and ligaments to create a rich broth is a cooking technique chefs have been using for centuries. But lately bone broth has come into its own, largely because of Paleo enthusiasts who credit the supersoup for everything from healing injuries to improving sleep quality.

"Bone broth is very high in calcium and collagen, which can help support healthy skin, hair, and nails," says Linda Stephens, a clinical nutritionist based in Darien, CT, and an IFBB figure pro.

The broth is also high in protein (about nine grams per cup) and low in calories (less than 40 per one-cup serving). "There's no proof bone broth can cure ailments, but it does contain glucosamine and chondroitin, which work to counteract inflammation," Godfrey says.



THE TREND

Coconut Oil

As a saturated fat, coconut oil was long shunned by nutritionists as yet another artery-clogging food. But lately its versatility has come back into favor, and the oil is even being considered a heart helper.

"Virgin, organic, and unprocessed coconut oil is a medium-chain fatty acid that's easily absorbed and raises

HDL—the good cholesterol," Godfrey says. One recent Brazilian study found that coconut oil helped ease symptoms of hypertension in mice.

And if you're trying to lose weight, replacing ordinary fats with coconut oil may even help speed metabolism because the fats are routed directly to the liver, where they are readily burned for fuel, explains Stephens. Take note, however, that as a fat, coconut oil is still relatively high in calories (more than 115 in one tablespoon), so use it in moderation.



THE TREND

Cauliflower

Move over, kale. While hardly a kitchen newcomer, cauliflower is rapidly becoming the veggie du jour in healthy culinary circles, gaining favor as a baked, mashed, or roasted replacement for starchy carbs such as potatoes. The cruciferous creation is also being used in pizza crust and even in paella.

"Cauliflower is fairly bland but can take on almost any flavor," Godfrey says. "Once you mash it up, it's similar in taste and color to potatoes." One cup of cauliflower can supply up to 80% of your daily recommended vitamin C intake and is also high in antioxidants but low in calories (30 per cup). Plus, with three grams of fiber per cup, it can help you feel fuller longer. Try it with some coconut oil, grated cheese, and sea salt for a delicious dish that's sure to please, suggests Stephens.



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• **WHEN JULIE MORRIS**, author of three cookbooks on superfoods and executive chef for superfoods company Navitas Naturals, needs a little energy boost she reaches for one of these delicious spiced acai energy bars. “Acai is a known energy food,” she explains. This purple berry, originally grown in the Amazon, has been shown to support circulation and provide long-lasting vigor thanks to its high levels of vitamins and antioxidants. Combined with invigorating spices, protein-rich almonds, and natural sugars, it’s a great on-the-go snack that’s perfect before you hit the gym or for fighting off midday munchies. “I often double the recipe, freeze the excess for future use, and grab one as needed when running out the door!” says Morris.

↑ Spiced Acai Energy Bars

INGREDIENTS

- ¾ cup raw almonds
- ¾ cup (about 11–12 large) pitted Medjool dates
- ¼ cup dried apricots
- 3 tbsp acai powder, such as Navitas Naturals
- 2 tbsp black raisins
- ½ tsp ginger powder
- ½ tsp ground cinnamon
- ¼ tsp vanilla extract
- Pinch salt (optional)

DIRECTIONS

1. Mix all of the ingredients together in a food processor just until a sticky dough has formed (allow some almonds to remain coarsely chopped).
2. Spread a sheet of

plastic wrap on a cutting board and place the dough on top. Using your hands, press and form a 1-inch-thick rectangle. Wrap and put in the freezer for 30 minutes, then cut into rectangles.

3. Serve cold or at room temperature. Makes 10 bars.

PER SERVING

- **Calories:** 169
- **Fat:** 6g
- **Saturated Fat:** 0.4g
- **Carbs:** 30g
- **Fiber:** 4g
- **Protein:** 3g

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studies, those in the HIIT group reported they were significantly more likely to keep up their active routine. “I’d suggest using both types interchangeably according to how you feel,” Feito advises. “High-intensity training might provide greater effects in body composition over time, but it may be difficult to maintain this training regimen regularly.” And ultimately, the best types of workouts to reach your weight-loss goals are the ones you are willing to keep doing.

Q Which supplements can help me get ready for my first fitness competition?

—LISA RITCHIE, VIA TWITTER

“In addition to training hard and eating right, certain supplements can help boost your results and get you into stage-ready shape. I recommend a few different types of supplements to my clients when they are prepping for a show,” says Shannon Dey, CEO and founder of Bombshell Fitness and head of professional competitive fitness Team Bombshell. Below, her fave picks.

Q Can compression gear improve my workout performance?

—LESLIE HWANG, NEW YORK, NY

It depends on what you are doing. “There’s some evidence that compression wear can reduce muscle vibration during high-impact or power-driven activities such as jumping or sprinting, with small improvements in vertical jump performance,” notes Neal Pire, an exercise physiologist at HNH Fitness in Oradell, NJ. It may also improve recovery, since the garments theoretically help increase blood flow return, bringing more oxygen and nutrients to the muscles. Some studies have found reduced muscle swelling and pain and an increase in blood lactate removal. “Some athletes swear by compression wear—and if you believe it helps, you may indeed perform better!” Pire says.

Q What’s the best type of cardio for weight loss—steady state or HIIT?

—ARIELLE HERRERA HUNTER, VIA FACEBOOK

Several studies comparing steady-state endurance workouts with high-intensity intervals found that subjects in both groups saw similar improvements in fitness and body composition after several weeks of training, compared with less-active participants, notes Yuri Feito, Ph.D., M.P.H., an assistant professor of exercise science at Kennesaw State University in Georgia. That said, those in the high-intensity group reported enjoying their workouts more and spent less time overall working out (about 15 minutes, compared with more than an hour), adds Feito. And at the end of the

TOP SUPPS TO TRY

Before first cardio:
A fat-burning supp
(two days on, one day off) for energy and fat loss

Morning:
Vitamin B6 (for brain development and function), **vitamin E** (antioxidant), **multivitamin** (overall health), **collagen** (to help boost skin elasticity), **slow-releasing iron** (red-blood-cell function), **glucosamine/chondroitin** (joint health), and a **fiber supplement** (for gastrointestinal health)

Post-workout:
BCAAs and

glutamine (amino acids that assist in building muscles and repairing tissue as well as recovery)

With two to three meals per day:
Digestive enzymes (to help with digestion)

Evening:
Vitamin C (antioxidant) as well as **calcium**, **magnesium**, and **zinc** (key minerals for a variety of bodily functions)

Protein powders:
These may replace other protein sources but preferably only for one or two meals per day, maximum.

Before bed:
Glutamine (for additional recovery)

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“I Found Confidence in the Gym”

Trista Elashuk hated working out—but she hated the way she felt even more. It took only a few months for her to discover the power of fitness in transforming her body and mind.

BY KRISTIN MAHONEY

• **WITH BOTH OF HER** parents working full time when she was young, Trista Elashuk was often left to prepare her own breakfast and lunch. Many times she didn't bother to eat, which meant she would binge on whatever was around when she finally got home. Her father was obese, and Elashuk herself struggled with her weight through childhood. Though she was active, playing competitive soccer into her high school years, her weight held her back. “I simply couldn't keep up with the other girls,” she says.

Elashuk went on her first diet at age 16, and quickly lost about 40 pounds. But by high school graduation, she'd ballooned to 195 pounds. “I was embarrassed of how I

looked. I didn't even want to leave the house,” she recalls.

That year, her father encouraged her to join Weight Watchers with him. She dropped 50 pounds on the diet, but when she stopped attending meetings, the weight crept back. By 2012, she was up to 185 pounds. She decided to try again, this time adding exercise to her routine.

“I was intimidated by the weight room, so I decided to hit the treadmill, and soon I was running almost every day.” After a while, though, she needed a new challenge. A friend suggested they lift weights together, and Elashuk became more confident. After a few months she was training five days a week in the gym.



TRISTA ELASHUK

195 lbs
HEAVIEST WEIGHT

131 lbs
CURRENT WEIGHT



In November 2013, she went on a double date to a bodybuilding competition. “The hard work and dedication there amazed me. I kept thinking, ‘I could do that! That could be me,’” she says.

About a month later, she hired a coach to get her into competitive shape. “I told everyone I knew I was doing it so I'd be less likely to back out,” Elashuk says. When she started her prep, she was

162 pounds and had 24% body fat. “I had 23 weeks to transform my body and was 100% committed!”

Elashuk began spending six days a week at the gym, and last June, she placed third in the figure category in her first competition. “It was the most exhilarating, rewarding, and humbling day of my life!”

Now 27, she plans to keep competing and pushing herself to reach new goals. She's even inspired her family to get more into fitness; her father has started working with her coach to improve his conditioning.

“I spent most of my life being overweight, and I hated myself. But I've found a true passion in bodybuilding, and I don't ever want to go back to the way I was before.”

How She Does It

TRISTA'S WORKOUT

CARDIO: Stairclimber, 30 minutes, 6 days a week

STRENGTH: 5 days a week, plus 1 circuit day

SAMPLE DAILY MENU

MEAL 1: Egg white, blueberry, and oatmeal scramble

MEAL 2: Greek yogurt with banana and All-Bran

MEAL 3: Sweet potato, chicken, green beans

MEAL 4: Sweet potato, chicken

MEAL 5: Sweet potato, chicken, zucchini

MEAL 6: Greek yogurt with protein powder

FAVORITE SUPPLEMENTS

MORNINGS: Fish oil,

multivitamin, potassium, vitamin E, vitamin D, vitamin C

POST-WORKOUT: Cellucor Mint Chocolate Chip protein powder mixed with flavorless BCAA and glutamine
EVENINGS: Probiotic, fish oil

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Get an Instant Butt Lift!

Don't just lie out on the beach—turn it into your own gym with this fun, fresh body-weight circuit

BY ALYSSA SHAFFER

• **WARMER TEMPERATURES TEMPTING** you to bare a bit more of your bottom? Hit the beach and get a workout for both body and mind. “Exercising outside provides an almost instant psychological and physiological boost that can’t be simulated anywhere else,” says Jimmy Minardi, a personal trainer and founder of Minardi Training in East Hampton, NY. Minardi, who often brings his clients to work out on the white sandy beaches near his home, especially enjoys training seaside. “You’ll burn more calories when you exercise on the beach since your body has to fight to stay stable on the uneven ground. Plus, you’re coping with elements like wind resistance and shifting terrain.”

But even if you can’t get beachside, you can still benefit from taking your routine outdoors. “You can do these moves in your backyard or a neighborhood park—anyplace where there is fresh air and open space,” says Minardi, a former professional cyclist and lifelong proponent of outdoor fitness.

Try this high-intensity circuit, part of the Minardi Beach Workout taught year-round, to help strengthen all your major muscles while also burning calories and fat.



MOUNTAIN CLIMBERS

Do these on an incline, alternating legs as quickly as possible. Do two sets of 30 reps per side; increase leg speed by about 20% after every 10 reps.

JUMPING JACKS

Do 30 regular jumping jacks followed by 30

deep squat jacks. (After jumping with feet wide, do a deep squat, then jump back to center.)

Option: If you’re on a beach, do these in ankle-deep water for increased resistance.

INCLINE PUSHUP SERIES

Do these moves on a large rock, log, bench, or other raised surface.

• **10 Incline Pushups:** Wrists should be directly under shoulders, with back flat; one set.
• **10 Triangle Pushups:** Move hands together so your thumb and index fingers touch, forming a

triangle shape; one set.

• **5 Alternating One-arm, One-leg Pushups:** Raise one arm and opposite leg; switch; two sets total.

LUNGE SPLIT JACKS

Stand with feet staggered and lower into a split squat, then jump up and scissor-kick your legs, landing with your opposite foot forward for a total of 30 reps.

PLYOMETRICS

Find a log, stick, rocks, or shells to use as a marker.

• **10 Tuck Jumps:** Bringing your knees toward your chest as you jump up,

land just over your marker and explode into the next rep as soon as your feet hit the ground.

• **10 Rotating Jumps:** As you jump in the air, rotate your body 180 degrees to engage your core and land softly in the reverse position.

AGILITY DRILLS

Find 10 sticks or rocks and an incline. Space the markers about three feet apart in a vertical line. Weave in and out of the markers, slalom-style, staying as fluid as possible. Do 10 intervals, going through all the markers.



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Jamie Eason
Jamie Eason
Team Labrada

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Get Your Guy to Adopt Your Good Habits

If you want to improve your partner's diet or exercise behaviors, make sure he's paying attention to what you are doing. Research published in *JAMA Internal Medicine* shows people are more successful in swapping bad habits for good ones if their partners are making a change as well. "The study underscores the importance of social support in health," says Susan Krauss Whitbourne, Ph.D., professor of psychological and brain sciences at the University of Massachusetts, Amherst, who did not write the study. "If you're trying to get your partner to eat more fruits and vegetables and fewer unhealthy foods, then take them off your menu. If you're the cook, control what you're putting on your plate so you're setting a good example." Most important, she says, "give your partner plenty of positive reinforcement for each step he or she takes toward a healthier lifestyle." —DK

Build a Bigger Brain

Being active now can help you keep moving strong in your senior years. A recent study compared brain structures of physically active identical twins in their mid-30s with those who were sedentary. Researchers found the exercisers had larger striatal and prefrontal cortex gray matter volumes in their brains—regions that are heavily involved in motor-control networks. Improvements in these areas may have long-term health benefits, such as a reduced risk of falling and mobility limitations in old age. —DK



A Natural Immune Boost

Another reason to take your workout outside the gym at least sometimes: Research shows that the awe you feel when you experience nature's beauty can also help your immune system stay strong. Science has long shown that exercising outdoors produces a boost in feel-good hormones. Now a new study published in the journal *Emotion* found that these happy feelings are also linked to lower levels of pro-inflammatory cytokines, proteins that signal the immune system to work harder, possibly wearing it down. And when your immune system operates at an optimal level, you're better able to ward off diseases and stay healthier. —DK

More Reasons to Keep Moving

• **IF YOU'RE HIGH-FIVING YOURSELF** for hitting the gym but then sit on your duff the rest of the day, you're still likely to be at a higher risk for heart disease, diabetes, cancer, and early death, according to a recent review study. The study found that while regular exercise has numerous health benefits, when coupled with mostly sedentary behavior it may not reduce the harmful effects of sitting for long periods of time. Celebrity trainer Joel Harper shares his tips to help you reduce sitting time and get moving more throughout the day. —DIANA KELLY

• Get fresh blood to your head with this stretch: With feet flat on the ground, slowly bend forward as low as comfortable at waist. Alternate bending one knee, other leg straight, allowing your head to dangle down; stretch each side for 15 seconds.

• Move while you talk. Stand up and pace every time you are on a conference call in your office or talking on your cell phone.

• Do wall sits while writing lists. Slowly walk your feet away from the wall and come into a right angle, knees above ankles. Keep shoulders against the wall and chin up. Keep your arms bent and up with your notepad and pen. Hold until you finish your list.

2 to 3 HOURS THE AMOUNT YOU SHOULD DECREASE SITTING TIME WITHIN A 12-HOUR PERIOD TO REDUCE RISK OF EARLY DEATH.

SOURCE: ANNALS OF INTERNAL MEDICINE

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*Scheett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

*Scheett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially affects muscle mass, body fat and strength in trained subjects. Manuscript in Process.



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Never Back Down

Relieve back pain and feel better faster with these training and rehabilitation tips

BY CAT PERRY

• **“THE BIGGEST CHALLENGE** for most weightlifters with a back injury is having enough patience to fully recover before resuming their intense workouts,” says Daniel Lucas, co-founder of Nimble Fitness, a boutique strength-and-conditioning facility in New York City. If deeper stabilizing muscles are not working right, exercise stress makes its way to your hamstrings and lower back. **“Stabilizers respond to time under tension, so low-intensity loads with longer holds are much better for rebuilding back strength,”** Lucas explains.

According to Rachel Parrotta, D.P.T., A.T.C., a physical therapist at Shift Integrative Medicine in NYC, muscles turn themselves off because they’re in positions that are too short or too long to work effectively. “This often occurs after sitting for too long or because of training errors, and muscles can then develop trigger points and spasms.”

Lucas’ advice: Pay attention to form. If your core isn’t strong enough or your hip/leg muscle flexibility isn’t sufficient, you’re not ready to add a heavy load. **Do activation sets before exercising, including multiplanar movements, and active stretches that warm up your core and stabilizers. But until you seek medical advice, warns Parrotta, avoid aggressively stretching hamstrings, as this may aggravate certain conditions.** Also make sure to work up to the heavy weight over a specific period.

To train without strain on big moves, hold a strong, neutral pelvic position and control your hip flexion (don’t tuck your butt or overextend your back) during squats, deadlifts, and other lower-body moves. This will activate all trunk muscles, not just the rectus abdominus. For better support, think plank exercises instead of a ton of crunches or ab curls, Lucas says.



Common Causes Are Weak...

- Transverse Abdominus
- Glutes (specifically gluteus medius)
- Diaphragm

Exercises to Avoid:

- Ballistic and plyometrics
- Flexion and rotation of the spine
- Weighted ab moves
- Unstable surface exercises
- Forward fold exercises (deadlift, clean, snatch)

Limber Up!

- Gently stretching these muscles can help alleviate pain:
- Psoas (part of hip flexors)
 - Tensor Fascia Latae (outer side of glutes)
 - Hamstrings/Calves

4 MUST-DO EXERCISES

Toe Tap to Single Leg

Lie faceup on floor with your knees and feet raised and your spine neutral. Exhale and press your belly toward your spine without your spine flattening, which indicates that you’re flexing your rectus abdominus. Slowly lower one leg to the floor, holding spine stable.

Mega Clam

Lie on side with head supported, pelvis neutral, and knees bent, aligning heels with butt. Lift top leg while keeping feet together. Do 15–20 reps slowly. Switch sides. **VARIATIONS:** Use tubing around knees; straighten top leg and swing forward and back, or bicycle; do internal/external rotation or single-leg pulses.

Bird Dog

This isometric hold assists the core, hips, and back in firing together. From your hands and knees, with pelvis and spine in neutral position, lift your left arm out in front of you to ear height and the right leg behind you, holding 5–10 seconds. Do 10–15 reps, alternating legs.

Plank

The now-classic plank exercise trains your spine in proper form. Don’t allow your hips to sag; do make sure to keep your pelvis in a neutral position. **EASY:** Knee plank **INTERMEDIATE:** Plank on toes **HARD:** Plank on Bosu or physioball

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BY CAT PERRY // PHOTOGRAPHS BY NICK FERRARI

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BY CAT PERRY / PHOTOGRAPHS BY NICK FERRARI

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Lavoisier Health & Beauty

Advanced Breast Therapy

What Are People Saying About ABT?

After almost forty years in a "training bra," I have filled a B-cup in only 6 weeks... — LL

I had to cut back on the amount of [ABT] I was using because I got tired of buying larger bras. — MR

My girlfriend asked me if I had breast implants. I told her no, that I was using [ABT]. My breast are plumping up and coming out of my bras at the top. — PW

My PMS breast pain and swelling was so bad that I could not stand to touch my breasts and even the shower hurt. Now after using [ABT] I have no pain. — EA

[I] have had a patient on [ABT] with amazing results! She is 40 with three children and a 120 lb weight gain from the last child. After losing that weight, she had drooping ... [with] her breasts. [After 3-4 months of ABT] she has increased firmness [and] size... I AM AMAZED! - JS, Clinical Pharmacologist

I suffered from post child/weightloss boobs ... I am ordering round 2 of treatment and am completely satisfied as is my husband. It is nice to have firm/lifted breasts.... a great alternative to surgical breast enhancement! — SD, Personal Trainer

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

What Will You Say?

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OUR MODEL

Vanessa Tib

Height: 5'2"

Weight: 105 lbs

Occupation: ER nurse

Hometown: New York, NY

**"I'LL BE
TRAINING
WHEN I'M 80.
I LOVE IT!"**



Sleekify Your Abs

Fire up your core with innovative training moves that target and tone all your abdominal muscles

BY **ALYSSA SHAFFER** // PHOTOGRAPHS BY **EDGAR ARTIGA**



Wake up your regular abdominal routine and assault your middle from all sides with these potent ab-centric exercises from celebrity trainer Kira Stokes. “The core is the powerhouse of your body—it’s where all of your strength is derived,” says Stokes, creator of the popular Stoked Series Classes at BFX Studio in New York. “So it’s important to challenge it with the same intensity that you do other muscle groups.” Stokes often reminds her clients of the importance of cross-training the core. “You have to hit it from varying angles, incorporating stabilization and strength exercises as well as dynamic exercises.” This workout offers just that: a chance to target all the core muscles while keeping your body guessing about what will come next. Do this workout up to three times a week, increasing the number of reps and weight as it gets easier.



▲ **TWISTED KNEE TUCK**

- Start in a full plank position, toes on gliders (or use a towel if you're on a wood or tile floor, or paper plates if on

carpet) with legs together and hands on the floor under your shoulders. Rotate hips to the left, keeping legs together (**A**).

- Pressing into balls of feet, pull both knees toward left elbow (**B**). Hold for 2 counts, then twist knees toward right elbow. Extend legs back to plank with hips turned to the right.
- Repeat, this time with hips turned to the right and pulling both knees toward right elbow as you hold for 2 counts, then twist left, then back to start. Do 3 sets of 10 reps, alternating sides. (One tuck on each side equals one rep.)

▶ **ONE-LEG MOUNTAIN CLIMBER**

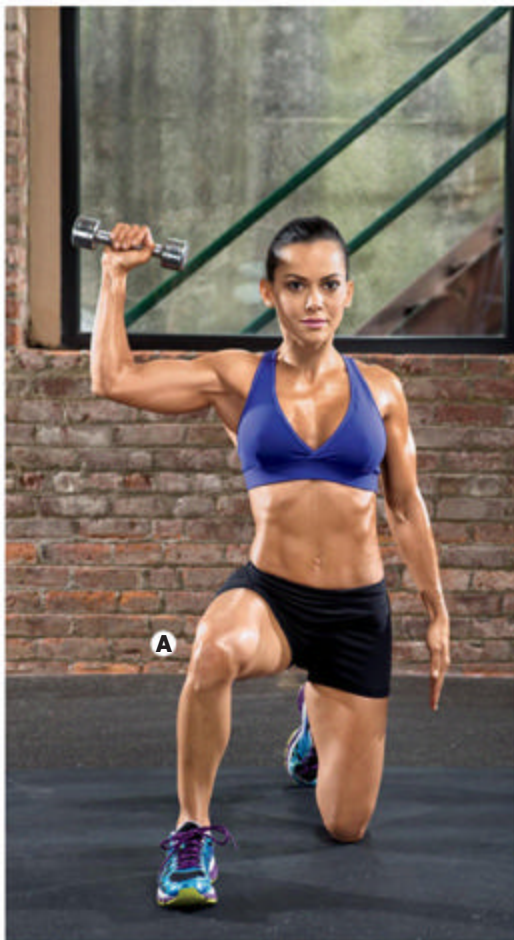
- Begin in a full plank position with toes of right foot on a glider. Bring left knee toward chest, keeping hands on the floor under shoulders (**A**).

- Keeping left knee in, use abdominals to pull right leg toward chest (**B**).

- Extend right leg back to starting position and repeat. Do 15 reps; switch sides and repeat; do 3 sets total.



TIP: FOCUS ON KEEPING YOUR UPPER BODY STILL AND AS STABLE AS POSSIBLE AS YOUR WORKING LEG MOVES TOWARD AND AWAY FROM YOUR CHEST.



OBLIQUE PRESS

- Kneel on a mat with right foot forward, right knee bent 90 degrees with knee above ankle and left leg behind you with left knee bent 90 degrees. Hold a light- or medium-weight dumbbell in right hand, elbow bent 90 degrees at shoulder height with palm facing forward (A).
- Keeping your tailbone slightly tucked under, slowly hinge to the left, reaching fingertips of left hand to floor; at the same time, press weight up and to the left (B).
- Hold here for 2 counts, then slowly return to the start position. Do 15 reps; switch sides and repeat; 3 sets total.

BOAT-POSE SNOW ANGEL

- Lie faceup on floor with a ball between upper thighs, arms at sides. Lift upper back, arms, and legs off the floor, contracting glutes and inner thighs (A).
- Sweep hands toward ears, as if making a snow angel. Keep legs lifted and upper back off floor. Sweep hands back toward hips.
- Squeeze ball and pull knees into chest while lifting torso off floor, balancing on tailbone (B). Hold 2 counts. Lower to start.
- Do 3 sets of 10 reps.



TIP: SQUEEZING THE BALL BETWEEN YOUR UPPER THIGHS WILL HELP FULLY ENGAGE YOUR CORE AND GLUTES AND KEEPS YOU BALANCED.



LOW-ABS KNEE LIFT

- Sit tall on a bench or step with risers, hands about shoulder-distance apart and knees bent. Round your spine, creating a C-curve; draw navel toward spine.
- Press down on bench, lifting body a few inches.
- Perform small knee tucks, lifting feet; keep the movement controlled without swinging legs. Do 15–20 reps; 3 sets total.



SEE HER MOVES IN ACTION!
Trainer Kira Stokes demos this workout
at muscleandfitnesshers.com/videos.

▶ **LOWER-AB TORNADO**

- Lie faceup on the floor, arms at sides with palms on floor and legs extended, holding a small ball between inner thighs. Lift legs above hips (A).
- Tip hips to the left, lowering legs slightly. Slowly circle hips clockwise, moving legs forward, right (B), and back to center.
- Continue for 8–10 circles, or about 45 seconds, then switch directions and repeat.

TIP: BE CAREFUL NOT TO ARCH YOUR BACK AS YOU CIRCLE YOUR LEGS AROUND; KEEP THE MOVEMENT SLOW AND EVEN IN ALL DIRECTIONS.



▶ **C-STATIC HOLD-ROW**

- Sit on the floor with knees bent, ball between thighs. Hold a light dumbbell in each hand, palms facing in. Sit back, bringing elbows to floor below shoulders.
- Release elbows and extend arms to chest height, then row right elbow back, keeping left arm extended. Switch sides, rowing left arm back. Do 15 alternating reps per side, 3 sets total.





SUMMER
ROLL KIMCHI
SALAD and
SESAME CHICKEN

20-MINUTE MEALS *FOR* ATHLETES

Eat healthy without spending a lot of time in the kitchen with these surprisingly quick, performance-oriented dishes

RECIPES BY ADAM KELINSON / PHOTOGRAPHS BY MOYA MCALLISTER
FOOD STYLING BY DANA BONAGURA



**BAKED
FALAFEL**
with **ROASTED**
VEGGIES
and **KALE**



SPEED WORK:
*Prepping ingredients
in advance can
help get your meal on
the table in just a
few minutes.*



FISH TACOS
with **TOMATO**
SALSA

T

Think “fast food” equals junk? These recipes—a delicious array of globally influenced cuisine that can be on your table in as little as 20 minutes—prove otherwise. “I tell my clients that luxurious food doesn’t have to take all day to prepare,” says nutritionist and chef Adam Kelinson, author of *The Athlete’s Plate*, who developed these meals. And while it may take a little extra time up front to make sure you have fresh ingredients on hand, the results are worth it. Ingredient quality is key, he says; he recommends buying local and organic whenever possible. “And it doesn’t have to take as much time as you might think,” adds Kelinson, who is also the founder of Organic Performance, a consulting and chef service based in Bridgehampton, NY. Try one of these high-protein, low-carb meals the next time you’re in a hurry or whenever you want something quick, tasty, and satisfying.



Crisp veggies and sprouts balance the moist, savory chicken breasts.

Summer Roll Kimchi Salad and Sesame Chicken

MAKES 2 servings

This salad is perfect for lunch, a quick supper, or even as a breakfast after an early morning workout. The coconut oil may contain cholesterol-free saturated fats, but these fats in moderation are necessary for testosterone production to help build lean muscle; and chicken breasts are the perfect lean protein. Swap other ingredients depending on what’s fresh at the market. Or sub microgreens or arugula for the mung bean sprouts if desired.

INGREDIENTS

CHICKEN:

- 1 tbsp coconut oil
- 2 tbsp Nama Shoyu
- 2 tbsp fish sauce
- 2 medium-size chicken breasts
- 1 tbsp sesame seeds
- ½ cup mung bean sprouts

SALAD:

- 2 tbsp sea salt
- 1 clove garlic, minced
- 4 tbsp apple cider vinegar, divided
- 1 small head of napa cabbage, cut thin
- 1 medium cucumber, seeds removed, cut into matchsticks
- 1 large carrot, sliced

- 1 medium daikon or market radish, sliced
- 1 tbsp toasted sesame oil
- ½ lime, juiced
- 2 scallions, trimmed and tops removed, sliced
- ¼ cup mint leaves
- ¼ cup cilantro leaves

DRESSING:

- 1 tbsp extra-virgin olive oil
- 4 tbsp apple-cider vinegar
- 1 tbsp sesame oil
- 1 tbsp ginger, minced
- 1 tbsp orange juice
- Sea salt, to taste

DIRECTIONS

- 1** Preheat oven to 400°F. Combine coconut oil, Nama Shoyu, and fish sauce. Place chicken in a pan and add marinade. Top with sesame seeds and place in oven. Cook around 10 minutes, depending on thickness of chicken breasts.
- 2** Combine salt, garlic, and 2 tbsp vinegar in a bowl. Add to cabbage and mix well. Set aside.
- 3** In a separate bowl, combine cucumber, carrot, radish, remaining 2 tbsp vinegar, sesame oil, and lime juice. Mix.
- 4** In a small bowl, combine all dressing

ingredients and whisk together.

5 Remove chicken from oven and let cool. Slice to desired thickness.

6 Drain off excess liquid from cabbage; add to other veggies. Mix in scallions, mint, and cilantro, setting a few pieces aside for garnish.

7 Divide salad between two plates. Top with chicken and sprouts; drizzle on dressing and top with garnish.

PER SERVING
Calories: 500

Fat: 35g

Saturated fat: 10g

Carbs: 23g

Fiber: 4g

Protein: 34g

Baked Falafel with Roasted Veggies and Kale

MAKES 2 servings

There are a number of components to this dish, but it comes together really easily. To help keep things moving, get out all your ingredients ahead of time.

INGREDIENTS

VEGETABLES:

- 1 small eggplant, cubed
- 1 medium red pepper, sliced
- 1 tbsp coconut oil
- Sea salt, to taste
- 3 tbsp apple-cider vinegar, divided
- 4–5 leaves of green kale, roughly chopped

FALAFEL:

- 1 cup chickpeas, soaked overnight and drained, or one 15.5-oz can chickpeas, drained and rinsed
- 3 cloves garlic, peeled

- ½ small yellow onion, quartered
- 1 tsp ground coriander
- ½ tbsp ground cumin
- 1 tsp paprika
- ½ cup parsley leaves
- 2 tbsp sesame seeds
- ½ tsp baking soda
- 1 ½ tbsp extra-virgin olive oil
- Sea salt, to taste

TAHINI DRESSING:

- ¼ cup tahini
- ¼ cup plain yogurt
- ½ lemon, juiced
- 1 tsp paprika
- Sea salt, to taste

DIRECTIONS

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper or use a large roasting dish. In a large bowl, toss eggplant together with red pepper, coconut oil, salt, and 1 tbsp vinegar. Place on sheet and roast for 7 minutes.
- 2 Blend falafel ingredients together in a food processor until the mixture resembles a nut butter.
- 3 Remove eggplant and red peppers from oven and toss.
- 4 Scoop balls of falafel mix onto sheet with eggplant and peppers without touching one

another. Return to oven and cook for 10 minutes, or until golden brown.

5 Add remaining 2 tbsp vinegar to kale, toss, and set aside.

6 Whisk dressing ingredients together in a small bowl.

7 Divide kale between two plates. Top with roasted vegetables. (The heat of the veggies will wilt and slightly cook the kale.) Add a few falafel balls on top of veggies and pour a bit of tahini dressing over the top.

PER SERVING

Calories:

465

Fat:

30g

Saturated fat:

15g

Carbs:

43g

Fiber:

11g

Protein:

14g

COOKING TIP:

Use an old-fashioned ice cream scoop to shape the falafels into perfectly round balls.





Bay Scallops Crudo

MAKES 2 servings

Sweet bay scallops pair perfectly with roasted asparagus and crisp, fresh microgreens. If you can't find the bok choy and radish microgreens (essentially, a young vegetable somewhere between sprouts and baby greens), you can substitute arugula or other sprouts. Tamari can also sub in for the Nama Shoyu (a raw, unpasteurized soy sauce).

INGREDIENTS

- 1 bunch fresh asparagus
- 2 tbsp toasted sesame oil
- 1 tbsp coconut oil
- 2 tbsp Nama Shoyu
- ½ lb fresh bay scallops
- ¼ cup bok choy microgreens
- ¼ cup radish microgreens
- Sea salt, to taste

SOY-LIME DRESSING:

- 1 tbsp toasted sesame oil
- 1 tsp extra-virgin olive oil
- 1 tbsp mirin
- 2 tbsp brown rice vinegar
- 2 tbsp Nama Shoyu
- 1 tbsp ginger, minced
- 1 tbsp scallions, sliced
- 1 lime, zested and juiced

DIRECTIONS

1 Preheat oven to 450°F. Rinse and dry asparagus, cut off the woody ends, and cut each piece in half. Place asparagus in a roasting dish. Combine sesame oil, coconut oil,

and Nama Shoyu and toss with asparagus. Set aside.

2 Add all dressing ingredients, except lime zest, into a bowl and whisk together.

3 Roast asparagus in oven; after 3–4 minutes, shake asparagus in pan, then return to oven for another 3 minutes or until slightly browned.

4 Remove any tiny muscles from bay scallops, rinse, and pat dry. Add to bowl with dressing and toss lightly.

5 Remove asparagus from oven and divide between two plates. Divide scallops and place half on top of each plate, pouring a bit of

remaining dressing onto asparagus. Add reserved lime zest on top of scallops. Gently mix microgreens together and add a pinch on top of each scallop. Add salt.

PER SERVING

Calories:

490

Fat:

38g

Saturated fat:

10g

Carbs:

20g

Fiber:

2g

Protein:

21g

Fish Tacos with Tomato Salsa

MAKES 2 servings

No matter where you live, there are many great types of locally caught fish you can use for these tacos. Feel free to use almost any that you can find from the fish department near you, whether that's striped bass, monkfish, squid, or bluefish. Indulge with a nice cold beer or margarita alongside this favorite dish.

INGREDIENTS

SLAW:

- Sea salt, to taste
- 1 small red cabbage, core removed and shredded
- 2 tbsp extra-virgin olive oil
- 4 tbsp apple cider vinegar

SALSA:

- 1 pint cherry, heirloom, or Sun Gold tomatoes, halved or quartered
- ½ red onion, diced
- 1 clove garlic, minced
- 2 limes, juiced
- 1 jalapeño, minced
- ¼ cup cilantro leaves, roughly chopped
- Sea salt, to taste

FISH:

- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tbsp paprika
- 1 tsp dried oregano
- Sea salt, to taste
- ½ lb firm fish such as striped bass, snapper, or blackfish, cut into thick strips
- 2 tbsp extra-virgin olive oil
- Sprouted corn tortillas (optional)

DIRECTIONS

1 Preheat oven to 400°F.

Add a couple pinches of sea salt to cabbage and mix well, almost bruising cabbage in the process. Set aside.

2 Combine all ingredients for salsa in a bowl and mix well. Set aside.

3 In a separate bowl, combine cumin, coriander, paprika, oregano, and salt. Toss fish with olive oil and add to spice mixture, coating well. Place fish on a pan and put in oven. Cook 7-10 minutes, depending on thickness of fish.

4 Drain any excess liquid from cabbage and add olive oil and apple cider vinegar. Mix well.

5 If using tortillas, place on a plate and top with a bit of cabbage slaw in the center. Put fish on top of slaw and top with salsa.

PER SERVING (WITHOUT TORTILLAS)

Calories:

495

Fat:

32g

Saturated fat:

4g

Carbs:

29g

Fiber:

7g

Protein:

24g

COOKING TIP:
Toast the tortillas or lightly grill to enhance the texture and flavor.



Green Spring Pea Coconut Curry

MAKES 2 servings

You can really taste the flavors of spring and early summer with sweet garden peas and pea shoots. The warm coconut curry offers an ideal counterpoint. Most specialty grocery stores now carry different forms of curry.

INGREDIENTS

- 1 13.5-oz can coconut milk
- ½ cup chicken stock
- 2 tsp green curry paste
- 1 pint of fresh spring peas or ½ bag frozen
- 1 tbsp sugar (brown, cane, or coconut)
- 2 tbsp fish sauce
- ½ lb boneless, skinless chicken breast, cubed
- 2 tbsp lime juice
- ½ cup pea shoots
- ¼ cup cilantro leaves
- 1 lime, cut into wedges

DIRECTIONS

1 Place coconut milk and chicken stock in a pot and cook over medium-high heat for about 3 minutes. Whisk in curry paste and add half of the peas, along with sugar and fish sauce; cook another 3 minutes.

2 Pour mixture into a blender (or use a handheld blender) and blend until smooth.

Return to pot and heat again over medium high. (Don't boil.)

3 Add chicken and remaining peas; stir. Cook 5 minutes or until chicken is just cooked through. Add lime juice and stir.

4 Divide between two bowls. Top with pea shoots and cilantro and garnish with lime.

PER SERVING

Calories:

354

Fat:

18g

Saturated fat:

11g

Carbs:

18g

Fiber:

4g

Protein:

34g

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THE FIT CHICK'S GUIDE TO

RUNNING STRONG

Pick up your pace this season and see big improvements in other parts of your performance

BY LINDSEY EMERY

• **IT'S NO SURPRISE THAT SO MANY** of us choose running when it's time to do cardio. Not only is it super-accessible and a massive calorie blaster, burning upwards of 800 calories an hour, but logging miles also helps build core and lower-body strength, increases endurance, and puts you in a better mood. (They don't call it "runner's high" for nothing!) One recent study found that jogging just five minutes a day can even significantly help reduce your risk of death from cardiovascular disease.

But the pavement isn't the only place where you'll see benefits. "Running regularly makes you stronger in the gym, too," says Andrew Kastor, head coach of the Asics Mammoth Track Club and LA Road Runners.

"It teaches your body to repair damaged muscle tissue better, which allows you to decrease recovery time between reps. Plus, you'll burn fat and clear lactic acid out of your system more efficiently, making it easier to go harder in all your workouts."

But there's a catch: To get the most out of your miles (and prevent injury), you can't keep running the same routes at the same pace every week, notes Kastor. Otherwise, your body will get bored and you will stop progressing. "Mixing up your workouts—incorporating some speed sessions, hill training, and endurance runs—will engage more muscles, boost your burn, and improve overall performance." Here are some of our favorite ways to keep you running strong and long.

■
***Adding
sprints to
your running
routine
will boost
your calorie
burn while
strengthening
more muscles.***



Head off the beaten path
at the XTERRA Trail Run
World Championship.



VACATION ALERT!

5 HALF MARATHONS WORTH THE TRAVEL

BY CAT PERRY

1

Oahu, HI

Paul Mitchell XTERRA Trail Run World Championship, 12/6

Talk about breathtaking! This tough 21K half (which also has 10K and 5K courses) offers runners achingly beautiful views. This destination run will push limits but is one you won't soon forget.

2

Las Vegas, NV

Rock 'n' Roll Las Vegas Marathon & Half Marathon, 11/13–11/15

Savor the excitement of running the dazzling Vegas Strip at night, plus enjoy a fun-filled weekend experience that pumps you up with live music shows and a massive Health & Fitness Expo.

3

Negril, Jamaica

Reggae Marathon, 12/5

You'll get an early start before sunrise as you run this marathon's flat course. Awaiting your ecstatic finish are freshly cut drinking coconuts, white-sand beaches, massages, and, of course, live reggae music. Live your island dreams.

4

Page, AZ

Lake Powell Half Marathon, 10/15

Run this superfast course, which has plenty of flats plus one mile of trail running and just a few ups and downs. You've never seen a lake view like this—with towering red rocks like in the Grand Canyon. Defined by wow moments.

5

Cape Cod, MA

Zooma Cape Cod Women's Half Marathon, 9/24

This race is for you! Only an hour from Boston, the Zooma offers scenic ocean and bay views and historic New England charm. You'll finish at a chic, secluded beachfront resort with 999 other inspired women.

GAIN MENTAL TOUGHNESS

It's easy to talk your way out of a longer run. So we asked pro middle-distance runner Sara Hall, who made her 26.2 debut at the L.A. Marathon this spring, how she stays positive and mentally strong through all those miles.

■ RELAX AND ROLL.

"I repeat this mantra over and over to myself during tough long runs and races," she says. "When I start to get tired or anxious, it just cues me to keep my legs rolling along and to relax into it."

■ ZONE OUT.

"Sometimes you have to turn your brain off for a little bit, forget about how far you have left to go and simply focus on running the mile that you're in," Hall says.

■ SPLIT THE DISTANCE.

"I often have separate workouts within my long runs to help break them up—maybe the first mile will be kind of moderate, then I'll do more of a tempo run and finish with a cooldown," she says.

■ DON'T STARE AT YOUR WATCH!

"People (myself included) get caught up with technology rather than feeling out appropriate effort," Hall says. "Use it as a tool, but don't be a slave to it, where you have to hit certain times or it's a failure."



ARIC BECKER: JORGE SILVA/REUTERS/CORBIS



RAMP UP YOUR RUN

Want to be a better runner—or just get more out of your workouts? Try to include at least one of these high-intensity training plans from coach Kastor, designed to build strength, speed, and stamina into your regular fitness routine each week.

TRACK SPEEDWORK

In order to become a more efficient runner, you need to push your pace every now and then, notes Kastor. “This short track session will help increase your lactate threshold, or your body’s ability to go harder (and faster) for longer.” Ideally, you’ll use your pace from the first lap (400 meters) to determine your speeds for the following intervals. (Or use the rate of perceived exertion, RPE—how difficult it feels on a scale of 1 to 10.)

NOTE One lap around a standard track is 400 meters; one mile is about four laps, or 1,600 meters.

- Warm up with an easy jog for 10 to 15 minutes on the track (5 RPE).
- Run 400m at a hard effort (8 RPE). Walk for one minute to recover.
- Run 300m (¾ lap) at a hard effort (8 RPE), aiming to run 5% faster than you did during your first lap. (For example: If you ran 400m in 120 seconds, this interval should take 86 seconds.) Walk for one minute to recover.
- Run 200m (½ lap) at a very hard effort (9 RPE), aiming to run 10% faster than you did during your first lap. (For example, if you ran 400m in 120 seconds, this interval should take 54 seconds.) Walk for one minute to recover.
- Run 100m (¼ lap) at a very hard effort (9 RPE), aiming to run 15% faster than you did during your first lap. (For example, if you ran 400m in 120 seconds, this interval should take 26 seconds.) Walk for one minute to recover.
- Repeat workout, but this time building up (100m, 200m, 300m, 400m) with a one-minute recovery-walk interval between each.
- Cool down with an easy walk/jog for 10 to 15 minutes.

GOAL Shave one to two seconds off each interval every week.

TREADMILL CLIMB

Get more out of the treadmill by incorporating both inclines and speed into your routine. “Bumping up the incline will activate your glutes and hamstrings, strengthen your hip flexors, improve your running form, and increase your speed,” Kastor says.

Clock Time (min)	Speed	Incline	Workout
0–5	3.0–3.5	1	Warm up with a well-paced walk.
5–10	4.5–6.0	1	Run easy.
10–20	4.5–6.0	2–7	Increase incline by 1% every 2 minutes while maintaining pace.
20–30	6.0–8.0	1	Reduce incline to 1%, and pick up your pace to a hard effort (about an 8 or 9 on a scale of 1 to 10) for 1 minute, then recover with a walk or jog for 1 minute. Repeat for a total of 5 intervals.
30–35 (or 40)	3.5–4.5	1	Cool down with a short walk or light jog.

GOAL Increase your total number of intervals by two each week.

ROAD ENDURANCE

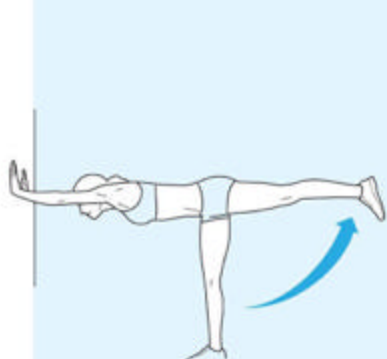
“Distance runs, like this one, improve your cardio capacity and teach your body to burn fat more efficiently. Plus, the built-in strides will boost your speed and efficiency,” Kastor says. This workout is 60 minutes; however, you should start with a distance that is only 10% longer than you normally run. If possible, tackle a somewhat hilly terrain, too.

- Warm up for 25 minutes, running at a very comfortable pace (4 to 5 RPE).
- Find a flat stretch and perform four 10- to 12-second strides (gently pick up the pace until you reach your near maximum effort, landing with feet under hips), with a 30- to 60-second recovery (walk or jog) interval between each.
- Run at a hard effort (7 to 8 RPE) for 15 minutes.
- Cool down for 10 minutes, running at an easy effort (4 to 5 RPE).

GOAL Increase the number of strides you perform each week until you’re up to eight total. You should also up your total distance by 10% each week for three weeks. On your fourth week (recovery), drop it back down to 10 minutes less than when you started. For Week 5, begin at the distance you did in Week 2, and then build again from there.

4 MUST-DO MOVES FOR RUNNERS

"Runners tend to have strong quads; weaker glutes; tight calves, hips, and IT bands; and weak feet," says biomechanist Katy Bowman, author of *Whole Body Barefoot*. Use these moves to curb your risk of injury and become a more balanced, stronger, and more flexible athlete.



1. BUTT BUILDER

Stand facing about three feet away from a wall, legs straight. Hinge forward from hips, placing palms flat on wall at shoulder level. Keeping hips facing forward and back flat, lift left leg behind you to hip height. Hold for up to one minute. Switch legs and repeat. Do three to five reps each side.



2. PELVIC LIFT

Stand barefoot with legs hip-width apart, right foot on top of yoga block (or phone book), left foot lifted off floor, hands on hips. Without bending knees, pull right side of pelvis down, lifting left hip away from floor. Hold, then lower and lift left foot. Do 10 reps; switch sides and repeat.



3. TOE SPREAD

Sit barefoot on a chair, left foot crossed over right knee, left knee bent out to side. Use your right hand to gently pull toes apart from each other; thread fingers through toes and hold. Massage foot for up to one minute; switch sides.



2. DOUBLE CALF STRETCH

Stand facing a chair, with balls of feet on top of rolled-up towel or yoga mat, heels on floor. Hinge forward from hips, and place palms on seat with hands under shoulders. Relax spine toward floor, which will lift tailbone. Hold up to one minute. Do three to five reps.

STRIDE RIGHT

There's no perfect way to run, but there are tweaks you can make to your form, especially on different types of terrain, says Jonathan Cane, president of City Coach Multisport, a coaching service in New York City. Use these tips to make your run faster, smoother, stronger, and more efficient.

IF YOU'RE RUNNING ON: A FLAT ROAD OR PATH

- Keep your elbows bent at about 90 degrees.
- Focus your gaze several yards ahead of you, with your head neutral and/or chin slightly tucked.
- Relax your shoulders, hands, and jaw, relieving tension in those areas.
- Land gently with feet underneath hips (below your center of gravity).
- Watch your stride rate. Count the number of foot strikes that you take in one minute: 180 is a good goal.

IF YOU'RE RUNNING ON: HILLS

When going uphill...

- Lift your knees a little higher than normal.
- Look up—to where you're going—not down.
- Imagine pulling yourself up a rope: Stand tall, with good posture, and use your arms to drive your stride.

When going downhill...

- Lean into the hill.
- Let gravity work for you; don't put on the brakes.
- Allow your foot strike to naturally shift to heel-toe while you cruise downhill.

IF YOU'RE RUNNING ON: THE TREADMILL

- Relax your hands: Picture holding a potato chip between your thumb and forefinger in each hand—you want to stay loose enough to not crush it.
- Take advantage of the gym mirrors and check what your form looks like while you run.
- Use the front of the treadmill to gauge whether you're overstriding. If you're kicking it, you're landing too far in front of your center of gravity and should readjust.

GREAT GEAR

Get the support you need while looking and feeling fabulous with these six stylish running must-haves



Extra-wide, supersoft straps make the **Hot Shot sports bra** from Moving Comfort one of the most comfortable you'll ever run in while keeping the bounce to a minimum. (\$42, movingcomfort.com)



Ideal for neutral runners who don't overpronate (toes turn inward when you land), the lightweight (6.4 ounces) **New Balance Fresh Foam Zante** is super-low-profile, with a 6mm heel-toe drop, but it has an extra-plush midsole, giving you a well-cushioned yet responsive ride. (\$100, newbalance.com)



The lightweight, sweat-wicking **Pace Racer tank** from Tasc Performance is made from a chemical- (and stink-) free material. (\$54, tascperformance.com)



Need a little extra stability in your shoe? The 8.8-ounce **Brooks Ravenna 6** features a cushy foam midsole with a diagonal roll bar that helps prevent overpronation and a moisture-wicking mesh upper to keep your foot cool. (\$110, brooksrunning.com)

Stride with ease in the moisture-wicking **Lucy Endurance Run Capri**. It features flat, chafe-free seams and breathable mesh side panels. (\$79, lucy.com)



The sleek, water-resistant **FitBit Surge** has built-in GPS and strapless heart rate technology to accurately measure distance, pace, calories burned, and elevation gained. Plus, it wirelessly syncs to your computer and smartphone so you can stay on top of all your stats. (\$250, fitbit.com)





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LOVE, THEN
YOU’VE ALREADY
BEATEN FAILURE.”**

TORCH MORE CALORIES TODAY

Sweat and sculpt your way to a more powerful physique by combining high-energy treadmill intervals with targeted strength moves

BY CAT PERRY // PHOTOGRAPHS BY PER BERNAL // PRODUCED BY TARA CANOVA

• **THE SECRET TO INCREDIBLE CALORIE BURN** while sculpting lean, functional muscle? You have to be ready to leave your old sets and reps routine in the dust. This fat-fighting workout from Cari Shoemate, creator of the popular Bombshell Bootcamp in Houston, TX, incorporates intervals that are split 50/50 between dynamic strength moves and brief treadmill sprints and is designed to keep your muscles screaming for the exit. “This workout incorporates moves both for girls who love to lift and those who love cardio,” says Shoemate. “It keeps things moving at such a fast pace that you’ll be done before you know it while torching a ton of calories.”

Active-recovery strength moves balance out body parts so you’re firing up one area while another recovers. To make things harder, use a heavier weight or increase your running speed or reduce rest between sets. The entire workout—modeled by IFBB bikini pro Tawna Eubanks—will take about an hour to hit every major muscle while clearing out your cardio for the day.



THE WORKOUT

Warm up for 5–10 minutes with a brisk walk or jog on the treadmill, then do the following seven sets in order:

Set 1

- **Weighted Plyo Lunge with Twist:** 1 min.
 - **Treadmill Sprint:** 15% incline, 1 min.
- DO THIS TWICE.**
Active Recovery:
Chest Press:
1 set, 10–15 reps

Set 2

- **Weighted Jump Squat with Shoulder Press:** 90 sec.
 - **Treadmill Run:** medium/fast pace at 10% incline, 90 sec.
- DO THIS TWICE.**
Active Recovery:
Chest Flye: 1 set, 10–15 reps

Set 3

- **One-arm Kettlebell Swing*:** 1 min.
 - **Treadmill Sprint:** 5% incline, 1 min.
- DO THIS TWICE.**
**Switch arms with second set.*
Active Recovery:
Forearm Plank: 1 min.

Set 4

- **Double Burpee:** 90 sec.

- **Treadmill Sprint:** 7% incline, 90 sec.
- DO THIS TWICE.**
Active Recovery:
Overhead Triceps Extension: 1 set, 10–15 reps

Set 5

- **Squat Jack with Lat Pulldown:** 60 sec.
 - **Treadmill Run:** medium/fast pace at 15% incline, 1 min.
- DO THIS TWICE.**
Active Recovery:
Triceps Pushup with Plank Row: 1 set, 10–15 reps

Set 6

- **Spider Pushup:** 1 min.
 - **Treadmill Sprint:** 10% incline, 1 min.
- DO THIS TWICE.**
Active Recovery:
Weighted V-up: 1 set, 10–15 reps

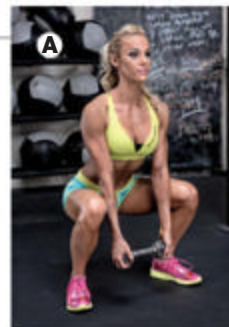
Set 7

- **Narrow Squat Walk with Hammer Curl:** 2 min.
 - **Treadmill Run:** medium/fast pace at 12% incline, 2 min.
- DO THIS TWICE.**
Active Recovery:
Biceps Curl: 1 set, 10–15 reps



WEIGHTED PLYO LUNGE WITH TWIST

- Hold a medicine ball or dumbbell with both hands. Step left leg back into a reverse lunge, bringing medicine ball near the outside of right leg.
- Explosively jump up, bringing ball overhead, and switch legs midair so your left foot lands in front. Lower ball to the outside of left leg. Repeat, switching legs. Continue, alternating sides for a total of one minute.



WEIGHTED JUMP SQUAT WITH SHOULDER PRESS

- Hold an 8- to 10-pound dumbbell parallel to the floor with both hands, arms straight. Starting from hips, lower into a squat, bringing dumbbell just inches above the floor, keeping chest up and shoulders back [A].
- Explosively return to standing, bringing weight to chest with arms bent [B].
- Jump up, and press weight overhead [C].
- Bend your knees to land softly and immediately lower into the next squat. Do this as one swift movement, moving weight down to chest and then up overhead (1-2-3). Repeat for 90 seconds.

HAIR BY RONI HALE & MAKEUP BY SHAYLA PEREZ FOR RAIN COSMETICS; STYLED BY TARA CANOVA; TOP & SHORTS BY BETTER BODIES; SHOES BY REEBOK



ONE-ARM KETTLEBELL SWING

- Stand tall holding a kettlebell with an overhand grip in front of you in right hand, arm straight at waist height, and feet slightly wider than shoulder width. Squat down, swinging kettlebell between legs [A].
- Keeping arm straight, thrust hips forward, straighten knees, and swing kettlebell up to shoulder height as you rise to a standing position [B]. Repeat for one minute; switch arms on second set.



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DOUBLE BURPEE

- Stand tall with arms at sides. Squat down, placing hands on floor **[A]**.
- Jump feet back, landing in a full pushup position. Do 2 pushups **[B]**.
- Jump feet back into a squat, then jump up 2 times, slapping knees with hands each time.
- Continue immediately into next double burpee; repeat for 90 seconds.



SQUAT JACK WITH LAT PULLDOWN

- Stand holding a weight or medicine ball in both hands in front of legs, arms extended, elbows slightly bent **[A]**.
- Quickly jump feet out like in a jumping jack; landing in a soft squat with toes pointed forward; at the same time, lift weight overhead, keeping biceps near ears **[B]**.
- As you jump feet back in, lower the weight down in front of you to hip height, keeping arms slightly bent. Return to starting position and repeat quickly for one minute.

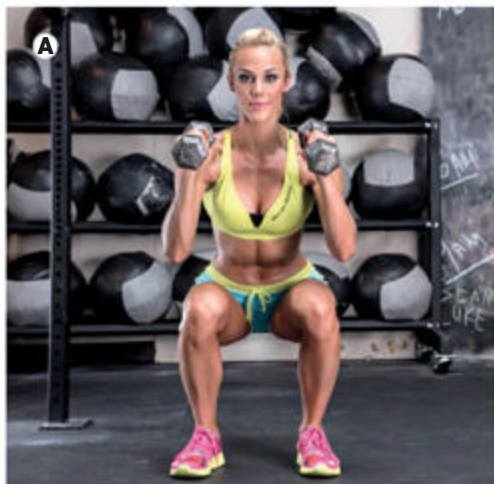


SPIDER PUSHUP

- Begin in a full pushup position, hands on the floor under shoulders and legs extended behind you, abs tight.
- Bend elbows to lower chest toward floor, jumping both feet out wide to side as you come down. Push off to floor to return to starting position, jumping feet back together. Continue for one minute.

TIP:

Push off the floor explosively as you jump legs together and apart to maximize your power.



NARROW SQUAT WALK WITH HAMMER CURL

- Stand with feet a few inches apart holding weights in both hands with arms at sides. Squat down, bringing weights toward shoulders while keeping arms close to body. [A]
- Staying in squat, step right foot out to right side, lowering both weights [B]. Then step right foot back to center, curling weights toward shoulder (hammer curl).
- Repeat on opposite side, stepping out to left side and back to center while doing a hammer curl. Repeat for two minutes. If arms start to fatigue, just hold the weights and do a squat walk.

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**ONE
MONTH,
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GOAL:**

BURN FAT WHILE GAINING MUSCLE

Reshape your physique without shifting
your metabolism into slo-mo with this targeted plan

BY ZACK ZEIGLER AND CAT PERRY

• **HOW WOULD YOU LIKE TO LOSE A SERIOUS** amount of body fat in one month without marathon workouts or an unhealthy crash diet? It's not as impossible as it may sound, so long as you tighten the screws on your meal plan and understand that the short 30-day window leaves no room for slacking.

"You can drop body fat and gain muscle more easily when you're new to training, but it gets more difficult as you progress because the lower your body fat, the harder it is to preserve lean muscle mass," says Brad Schoenfeld, Ph.D., a certified strength and conditioning coach and an assistant professor in the exercise science department at Lehman College in the Bronx, NY. But

there are steps you can take to maximize your results while minimizing muscle loss. We've got your road map to help you shed fat and keep your metabolism humming. Follow it for one month and you'll soon notice a difference in how you look and feel.

1. Maximize your training time

To burn as many calories as possible in a single strength session—and make the most of your minutes in the gym—focus on using a variety of multi-muscle, multi-joint exercises. "Exercises like squats, presses, push-ups and rows effectively target the large muscle groups, which provides the great effect on fat burning," Schoenfeld says.

2. Scale Back Cardio

Spending too much time on the treadmill can have an adverse affect. “Doing a ton of cardio when you’re in a caloric deficit can lead to overtraining,” says Schoenfeld. “It’s basically a starvation mechanism—your body demands energy and will rebel if it doesn’t have the capacity to properly recover.” This can affect your body hormonally, he adds, by reducing testosterone, causing muscle breakdown, while increasing levels of cortisol.

Prolonged cardio sessions have another downside. While they help to burn fat, it can come at the expense of lean muscle tissue, as your body burns both to fuel endurance sessions, explains wellness expert and celebrity trainer Jackie Warner. “That’ll keep you skinny fat—not strong.”

3. Fuel up Properly

Warner suggests a pre-workout meal about a half hour before training. Choose one that’s filled with both fast- and slow-digesting carbs, such as a cup of oatmeal with some fruit. Post-workout, look for a combo of carbs, protein, and healthy fats, such as eggs, whole-wheat toast, and a few slices of free-range turkey. And don’t skip or go too long between meals. “Skipping meals means your body burns sugar, fat, and then muscle,” she adds.

Cutting calories too severely translates to muscle breakdown. A simple formula to try: “Pick an ideal body weight, and multiply it by 13 to 14,” says Schoenfeld. For a 125-pound goal, that’s 1,625 to 1,750 calories a day.

Three protein-rich meals a day will be enough to give your muscles the anabolic effect they need to get stronger. You can have smaller meals more often, but “studies have shown that there’s really no thermogenic benefit from this strategy,” adds Schoenfeld.

4. Sleep More

Quality sleep energizes the brain and body—and odds are you’re not getting enough of it. The Centers for Disease Control and Prevention even labeled sleep deprivation a public health epidemic in 2014. Earlier this year, the National Sleep Foundation revised its sleep recommendations: Adults ages 18 to 25 are now suggested to nab eight to 10 hours of sack time, whereas adults ages 26 to 64 should still aim for seven to nine hours. In addition to sapped energy levels and diminished focus, a lack of sleep can also lead to weight gain, as well as an increased risk of hypertension, diabetes, depression, and obesity.

4 METABOLISM-BOOSTING SUPPS

Give your fat-burning efforts a lift with these cutting-edge supplements, engineered to help you maximize your workouts and enhance recovery. —KRISTIN MAHONEY

1

This six-stage **FitMiss Burn** fat-loss system helps boost metabolism while curbing cravings. Key ingredients such as glucomannan, Yohimbine HCL, and panax ginseng help increase focus, metabolize fat, and reduce water weight so you can see real results in as little as two weeks.

(fitmiss.com)

2

Struggling to stay focused during the last stages of those intense workouts? **SAN Tight Xtreme Reloaded** helps you to push through fatigue with a key dose of caffeine so you can stay in the zone and boost your power output while also helping your body mobilize fat as an energy source.

(sann.net)

3

NLA For Her Shred Her is an all-natural supplement that is formulated specifically for women. It includes ingredients like green tea extract, raspberry ketones, and caffeine to increase energy levels, improve your mood, and enhance fat loss.

(nlaforher.com)

4

Ultrastrong **Nutrex Lipo-6 Black Hers Ultra Concentrate** is so concentrated, you only need one fast-absorbing liquid capsule per day. It helps suppress appetite while boosting energy and alertness so you can more easily achieve your goals. (nutrex.com)

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Top Foods to Fuel Your Metabolism

Reset your body from the inside out by getting your nutrients from a delicious array of whole foods, advises Warner. Here's what you should be looking for: **whole grains and legumes** (for zinc, lysine, selenium, B vitamins, and slow-digesting carbs), the most colorful array of **veggies** you can find (for beta-carotene, micronutrients and minerals, antioxidants, fiber, and indigestible carbs that help keep you from snacking on less nutritious foods), **lean protein** (for muscle building and satiety), and **healthy fats** from foods like nuts,

avocado, and olive oil (for muscle building, tyrosine, and overall healthier thyroid function). Lastly, take advantage of the good side of **natural sugars** as a fuel source during exercise and to help nutrient absorption post-workout.

Make sure you're getting a good balance of fiber, healthy carbs, and lean protein, all of which will help you develop lean muscle tissue and lose fat fast. Here are 22 of Warner's favorite muscle reboot foods that can help do just that. —CAT PERRY



FRUCTOSE

- Apples
- Raspberries
- Pineapples



WHOLE GRAINS

- Quinoa
- Brown rice
- Whole-grain pasta/bread
- Nut butters
- Lentils



FIBER AND STARCH

- Broccoli
- Beets
- Sweet potatoes
- New potatoes
- Corn



CASEIN

- Greek yogurt
- Whey protein



ANIMAL PROTEIN

- Lean roast beef
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THE WORKOUT

30 DAYS TO BUILD MUSCLE AND BURN FAT

Try this four-week plan at the gym or at home, adapted from Jackie Warner's new book, *This Is Why You're Sick & Tired*. Weeks 1 and 2 will kick up your heart rate while building fat-fighting muscle. Weeks 3 and 4 will build power, strength, and endurance.

WEEKS 1-2: BURN & SUPERSET CIRCUIT TRAINING

How to do it: Perform two sets of four exercise combos (10 reps each) back to back, with no rest to fire up the max amount of muscle fibers.

MONDAY/THURSDAY

Squat/Biceps Curl
Bridge/Flat Press
Plié Squat with Hammer Curl
Bridge/Flat Dumbbell Flye

TUESDAY/FRIDAY

Deadlift with Bentover Row
Lunge with Kickback
Alternating Lunge with Reverse Grip Row
Backward Lunge with Standing Headbanger

WEDNESDAY/SATURDAY

Side Lunge with Lateral Raise
Close Squat/Hammer
Squat with WV*
Plié Squat with Military Press

SUNDAY

Rest Day

WEEKS 3-4 LEAN & MEAN PYRAMID TRAINING

How to do it: Start with one rep of each exercise combo, back to back without rest. Then start again from the beginning, except do two reps of each move, and so on until failure. Aim for 55 total reps for each exercise, rest up to 1-3 minutes as needed..

MONDAY/THURSDAY

Pushup/Hammer Curl
Flat-back Dumbbell Press/Wide Curl
Flat-back Dumbbell Flye/Close Curl

TUESDAY/FRIDAY

Bent-over Row/Lying-down Headbanger
Wide Row/Kickback
Alternating Row/Standing Headbanger

WEDNESDAY/SATURDAY

Squat/Lateral Raise
Plié Squat/Arnold Press*
Front Lunge/WV

SUNDAY

Rest Day

*See page 91 for instructions.

*See page 91 for instructions.

SQUAT WITH WV

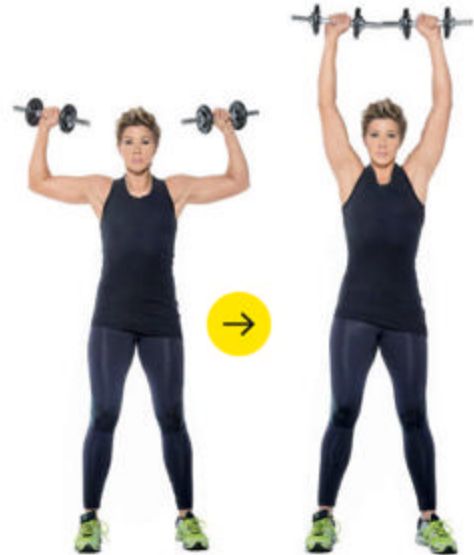
Stand with feet just outside hips, toes pointed slightly out, dumbbells in both hands, arms bent and at your sides, knuckles facing out. (Your arms will form the letter W.) Engage abs (imagine pulling them toward your spine) and keeping your chest up, lower into a squat. As you bend knees, simultaneously press weights up and out in a slight diagonal so that your arms are straight, and they now make the letter V. Straighten your legs and bring your arms back to the original W position at the same time.



ARNOLD PRESS

(WEEKS 3-4)

Stand with your feet under your hips, elbows at shoulder height, palms facing forward. Engage your abdominals and take your elbows out to the sides. Then press the dumbbells over your head until your arms are straight. Return to the starting position.



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5 Natural Ways to Alleviate Allergies

Try these drug-free remedies to keep away sniffles and sneezes this season

BY ADAM BIBLE

• **LURKING WITHIN THE WARM**, calm gusts of spring is a sneaky gathering of forces that can wreak havoc on your sinuses and lungs—tons of grass, weed, and tree pollen, plus multitudes of mold spores. The FDA estimates that these stealthy irritants cause allergic rhinitis (aka hay fever) in up to 40 million people each year. Result: sneezing, watery eyes, and an itchy, stuffy, or runny nose. And while there are dizzying numbers of prescription and over-the-counter antiallergy drugs, there is no cure. That means your only hope of getting relief is to lessen the symptoms before or as soon as they strike. “Medications such as antihistamines and corticosteroids can work wonders for allergies, but they often cause annoying or even harmful side effects,” says Kamal Patel, M.P.H., director of *examine.com*, an independent encyclopedia of supplementation and nutrition. The few natural supplements with evidence for seasonal allergy relief appear to have far fewer (if any) side effects. Check out Patel’s top-five favorite remedies to keep allergies under control.

NIGELLA SATTVA

Misleadingly known as black cumin, *Nigella sativa* has a variety of potentially active compounds, including the powerful anti-inflammatory thymoquinone, which is also in thyme. A 2011 study showed that supplementing with this herb can reduce allergic symptoms such as congestion and itching, likely because of its ability to reduce histamine secretion, a primary driver for allergic symptoms.

SPIRULINA

A 2008 study found that taking a small amount of spirulina, a blue-green algae grown in tropical to subtropical waters, appears to greatly reduce symptoms of hay fever. High in protein as well as iron, B vitamins, and minerals, it has a long list of other health benefits, including working as an antioxidant and helping to improve heart health.

TINOSPORA CORDIFOLIA

Proponents of this traditional ayurvedic medicine (also known as guduchi) say it has several immune-boosting properties. One 2005 study found it significantly decreased all symptoms of patients suffering from allergic rhinitis and increased immune

cell response in 69% of them.

ROSMARINIC ACID

A component of many herbs, including rosemary and the sedative lemon balm, rosmarinic acid is used to treat asthma, nausea, and muscle spasms. It also has antiallergic properties and is antiviral, antibacterial, anti-inflammatory, and an antioxidant. A 2005 Japanese study found that an extract of the herb *Perilla frutescens* enriched with rosmarinic acid significantly reduced symptoms of an itchy nose and watery and itchy eyes for those with seasonal allergic rhinoconjunctivitis.

STINGING NETTLE

Most of the focus on stinging nettle (also known as *Urtica dioica*) derives from its ability to treat urinary problems and joint pain. But researchers also believe that its stinging hairs allow the herb to act as an antihistamine by reducing levels of inflammatory chemicals. A 2009 study in *Phytotherapy Research* reported stinging nettle extract has compounds that may inhibit several key inflammatory pathways causing the symptoms of seasonal allergies. “It seems to provide mild benefits and can also be ingested as a medicinal tea,” Patel says.

Extracts from the herb rosemary may help reduce seasonal sniffles.

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Jenna Renee Webb,
Professional Fitness Model

GET STRONG, GIRL

A brand-new line of supplements, designed specifically for women, helps you increase strength and lean muscle while reducing body fat

BY ADAM GONZALEZ

• **OVER THE PAST FEW YEARS**, tons of companies have announced women-specific sports supplements, answering the call for our unique training and nutrition needs. One of the newest entrants to the scene: Iovate's recently launched StrongGirl products, available exclusively at GNC and Lucky Vitamin Stores. This essential stack of supps includes StrongGirl Isolate, a whey protein shake; StrongGirl Pre-Workout; and StrongGirl Smart Weight Loss. They are engineered to be taken alone or together, depending on your goals. Here's how this new line can help take your training, performance, and aesthetic goals to the next level.



STRONGGIRL ISOLATE

Not all protein products provide the same benefits. This product contains a mix of whey and soy protein isolate, a combo that research shows is more effective for supporting lean tissue than either alone. In addition, the Support Blend contains hydrolyzed collagen and silica, which help strengthen tendons and ligaments as well as hair, skin, and nails.

StrongGirl Isolate also provides a range of nutrients that are especially beneficial to active women. These include many vitamins, minerals, and phytonutrients that support growth, health, and recovery. Finally, the unique Enzyme and Probiotic Blend provides digestive enzymes that help your body best utilize the protein isolate while providing a



microflora environment that helps improve overall GI health. Each one-scoop serving provides 18 grams of protein with only 80 calories, and the mix is available in Decadent Chocolate and Vanilla Ice Cream flavors.

STRONGGIRL PRE-WORKOUT

When you want a little bit more of an edge before training sessions, give this pre-workout product a try. Each one-scoop serving provides more than three grams of a scientifically engineered Energy and

Focus Blend. Included in the mix is beta-alanine, an amino acid that increases strength at the muscular level; caffeine (125 milligrams per serving) to stimulate your CNS and encourage your body to fuel activity with stored body fat; and taurine, an amino acid that helps increase endurance for better workouts and performance. This product is available in both Strawberry Mojito and Cosmopolitan Fruit Punch flavors, and it contains only 20 calories per serving, with no sugar.

STRONGGIRL SMART WEIGHT LOSS

This potent thermogenic contains a blend of ingredients that boost energy while increasing metabolic rate to support your goal of reducing stored body fat without burning valuable lean tissue. The weight-loss blend contains green coffee extract, Garcinia cambogia extract, and forskolin. To enhance energy and focus, the product provides caffeine (135mg) and amla and caraway extracts. This robust formula helps you burn body fat and avoid any training setbacks that could result from a reduced-calorie program to shed body fat.

“StrongGirl Isolate is designed for women, by women, so I know I’m getting all the high-quality nutrition I need to win,” says pro race car driver Danica Patrick.



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June

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